



Website: www.lakecity.co.nz
Email: lakecity@xtra.co.nz
Clubrooms: Neil Hunt Park off Tarawera Road, Lynmore,
Rotorua

GUFF SHEET

12 July 2014

The past week:

It was off to the Taupo for the North Island cross-country championships on Saturday. 5 medals came the way of the club. Congratulations to all who took part whether a medalist or a place getter. Results are below.

Lake City Athletic Club Inc

The Annual General Meeting

The Annual General Meeting of the Lake City Athletic Club Inc is set down for Wednesday evening 20 August 2014, 7.30pm at the Neil Hunt Park clubrooms.

Please note any resolutions or general business items need to be in the hands of the Club Secretary, no later than Monday 28 July.

These can be emailed to lakecity@xtra.co.nz or posted to P O Box 2136, Rotorua 3040

On the local scene:

SATURDAYS

This Saturday 12 July - is an out of town event organised by Sjors Corporaal at a farm this side of Galatea. It will take 45 minutes to travel to the event. We will carpool from the Neil Hunt Park clubrooms. Sjors plans for the event to start at 1.30pm so we will leave the clubrooms at 12 midday to arrive before 1.00pm. He has a great 9km or 3.5 km cross country course sorted. Terrain is undulating and suitable for all club members, runners and walkers. There will be shelter where we will have a shared afternoon tea – that is please bring a plate of goodies. There is also a toilet at the event. Sjors has opened this event up to the Galatea community via their community newsletter so hopefully there will be a good attendance as he has put a lot of work into organising the course.

These out of town events are always great – so please support this one.

Saturday 19 July – This day of the **Club** and Athletics Waikato BOP Cross-country championships at Bishop's Farm adjacent Whakatane Highway (State Highway 30). The farm is approx. 2km from the Te Ngae intersection on the right. Please note that to take a place in a club championship event (run or walk) you need to be a financial member of the club pre event.

The events will be contested over the full championship distances and have races for all grades and abilities. A walk event is on the programme.

The days programme, how to enter and entry fee payable were attached to last week's guff sheet or can be uplifted from the clubrooms. It is strongly recommended that you enter no later than the early entry closing – Tuesday 15 July. Entry fee must be with the completed entry form. You can also enter online at <http://www.enteronline.co.nz/index.cfm?page=EventDetails&ID=4960>

This club organised event requires assistance from club members as marshalls, recorders, taking late entries, course marking/pack up etc. At the clubrooms is a list to indicate if you can assist on the day. Even if you are participating on the day there's are tasks that need doing before and after the event. By volunteering it's a way to say thanks to those regulars that organise and put on events for you or accompany you on runs or walks.

Sorry no dogs are permitted onto the property

Note that all the club winter events are open to runners and walkers, the fast and the slow, the young and the old! Come along and keep your fitness base up over the winter months.

SUNDAYS

Those that run distance - Groups leave from the Neil Hunt Park clubrooms at varying times on a Sunday morning. The first groups head off at 7.00am, other at varying times.

Those that walk – Meet just prior to 7.30am at the Neil Hunt Park clubrooms. The walker's contacts are Colin Smyth 027 499 9471 – Pat Smyth 027 334 1425 – Marieke Wass 07 347 9885 ah or 027 462 8572

MONDAYS

Yoga for runners and walkers – These classes for club members run from 7.30pm to 9.00pm on a Monday evening at the Neil Hunt Park clubrooms. Contact person is Sarah Lei 349 3558 or 027 228 5496

TUESDAYS

Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the Neil Hunt Park clubrooms off Tarawera Road.

Walkers

Am - Meet at 8.00am at the Neil Hunt Park clubrooms

Pm - Meet 5.30pm at the City Focus, Tutaneikai Street, Rotorua

WEDNESDAYS

Am

All athletes – Speed work and core strength session for those over 15 years, 6.15am, Smallbone Park, Devon West Street Rotorua. Sessions led by Sarah Lei – 349 3558 (evenings) or 027 228 5496.

THURSDAYS

Distance athletes

Some meet 4.45pm, others at 5.25pm all leaving from the at the Neil Hunt Park clubrooms off Tarawera Road.

Walkers

Am – Meet at 8.00am at Planet Bike, Waipa Mill By Pass Road.

Pm – Meet 5.30pm at the City Focus, Tutanekai Street, Rotorua

The Club website: www.lakecity.co.nz

We are in the process of updating the club's website, and would appreciate your feedback on the current site. Please take the time to complete the survey which is attached with last week's guff sheet and make comments as they will help us in deciding on the changes. Thanking you for taking the time, and emailing it back to us as soon as you can as per instructions on the survey form.

Club uniforms:

If you wish to purchase an item from the club's wardrobe (Singlet, tee shirt, hoodie, beanie etc) please contact one of the following to arrange a time to make the purchase. Payment to be made at time of purchase

Nikki Mitchell - Ph: 349 2920 (evenings):
Mobile 027 464 8546

Sarah Wiwarena – Ph: 348 7674 (evenings):
Mobile 027 248 3874

Kerris Browne - Ph: 07 348 0790 (evenings):
Mobile 021 753 691.

RESULTS

North Island cross-country championships – Spa Park, Taupo – 5 July 2014

Boys 10 - 1000 metres

1. Jack Julian Wellington 3.30
14. Conor Lysaght 4.27

Girls 10 – 1000 metres

1. Tawhirikura Doyle Wellington 3.50
24. Amber Lysaght 5.51

Boys 12 – 2000 metres

1. Niall Clancy Hawera 6.57
16. Max Voss 8.12

Men under 18 – 5000 metres

1. Christian Leopard Napier 16.26
3. Michael Voss 16.34

Masters men - 6000 metres

35-39

1. Steve Rees-Jones Hamilton 20.18
3. Adrian Lysaght 22.25

45-49

1. Kent Hodgson Hamilton 21.58
4. Tony Broadhead 22.22

55-59

1. Tony Price Masterton 23.14

10. Lindsay Foster 28.29

65-69

1. Trevor Ogilvie 24.21
3. Ray Hewlett 29.03

70-74

1. Peter Vyver 33.09

Senior women - 5000 metres

1. Camille Buscomb Hamilton 17.43
10. Sue Crowley 19.36
18. Erin Leahy 21.19
25. Kate Rea 22.35
26. Charlotte Pearson 22.41

Toni of Touch Massage
(1317 Eruera Street)
07 349 6621 or 021 2971002

Take your Lake City membership card to obtain the discount on offer

For your physio needs contact
The Physiotherapy Clinic
inquiry@physiotherapyclinic.co.nz
Or 07 347 8380

On Mondays they have a free sports injury drop in clinic between 4.00pm and 5.00pm at their Eruera Street clinic

Supplement your outdoor training by doing indoor work at
Go360 Gym, 1070 Eruera Street, Rotorua

Take your Club membership card to obtain the 20% discount off full prices. Note the 20% discount does **not** apply to any discounted prices or specials that may be running

Check out www.go360.co.nz for prices, classes, opening times etc.

